

Nutrition Byte

Sodium Savvy

Have a taste for salt? Many of us do. Unfortunately, salt plays a key role in high blood pressure. Even kids and teens can benefit from eating less salt. There's about 2,300 milligrams of sodium in 1 teaspoon of salt. These tips can help you eat less:

Choose fresh. Fresh foods are usually lower in sodium than processed foods like frozen dinners, deli meats, canned foods, pizza and salty snacks. Eat these foods less often or opt for smaller portions.

Choose foods with less sodium. Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.

Cook at home with your family! Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.

Choose school meals. Schools must meet nutrition standards for meals, including limiting the amount of sodium. School Nutrition professionals use herbs and spices, other than salt, to season food.

Nutrilink: <http://dietaryguidelines.gov>

Middle and High Menus for January 2022

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
No school	Hamburger Chicken Sandwich Bush's Pintos Beans Potato Wedges Fruit Juice Milk	Chicken Alfredo w Bread Stick Pizza Roasted Broccoli Baby Carrots Fruit Juice Mil	Deli Sandwich Chili w Cornbread Deli Roasters Salad Fruit Juice Milk	Pizza Sticks Corn Marinara Fruit Juice Milk
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
Corndog Macho Nachos Pinto Beans Salsa Fruit Juice Milk	Beef Bites Boneless Wings Roll Roasted Broccoli Sweet Carrots Fruit Juice Milk	Spaghetti Chicken Nuggets Bread Stick Salad California Blend Fruit Juice Milk	Grilled Cheese Deli Sandwich Vegetable Soup Baby Carrots Fruit Juice Milk	Pizza Sticks Corn Marinara Fruit Juice Milk
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
No school	Hamburger Chicken Sandwich Bush's Pintos Beans Potato Wedges Fruit Juice Milk	Chicken Alfredo w Bread Stick Pizza Roasted Broccoli Baby Carrots Fruit Juice Mil	Deli Sandwich Chili w Cornbread Deli Roasters Salad Fruit Juice Milk	Pizza Sticks Corn Marinara Fruit Juice Milk
Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
Corndog Macho Nachos Pinto Beans Salsa Fruit Juice Milk	Beef Bites Boneless Wings Roll Roasted Broccoli Sweet Carrots Fruit Juice Milk	Spaghetti Chicken Nuggets Bread Stick Salad California Blend Fruit Juice Milk	Grilled Cheese Deli Sandwich Vegetable Soup Baby Carrots Fruit Juice Milk	Pizza Sticks Corn Marinara Fruit Juice Milk
Monday, January 31				
Hamburger Chicken Sandwich Bush's Pintos Beans Potato Wedges Fruit Juice Milk				

[Lee County Schools Elementary Schools



Developed by School Nutrition Services, Inc. for Lee County Public Schools
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